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YOUR CHILD'S FIRST VISIT TO THE DENTIST

Do:

- ◆ Take time to play “dentist” with your child at home. Pretend that you’re counting teeth, then switch roles and let your child play “dentist”.
- ◆ Read your child a story about going to the dentist.
- ◆ Make the appointment for a time when your child is well rested.
- ◆ Tell your child that we will “count” and may be “take pictures” of his/her teeth.
- ◆ Be positive and reassuring that the visit will be fun.

Don't:

- ◆ Don't convey anxiety about the dental visit to your child.
- ◆ Don't worry; crying a little is normal behavior for infants/toddlers during their first visit.
- ◆ Don't use negative words like: hurt, shot, needle, or drill, or phrases like “be brave” or “don't be afraid”.
- ◆ Don't let other people tell your child stories that may provoke fear.
- ◆ Don't over prepare your child for dental visits.